

## Autumn bread with squash

### Serves a family of 4

7 g (¼ oz) fresh yeast  
750 ml (1½ US pints) lukewarm water  
750–800 g (1 lb 10–12 oz) Öland wheat flour  
45 g (1½ oz) bran  
1 tsp salt  
1 tsp honey  
¼ red kuri (or butternut) squash, peeled,  
deseeded and diced  
2 tbsp squash seeds

### Serves 40 children

25 g (1 oz) fresh yeast  
3 l (6 ⅓ US pints) lukewarm water  
3 kg (6 lb 10 oz) Öland wheat flour  
275 g (9 ½ oz) bran  
1 tbsp salt  
1 tbsp honey  
2 red kuri (or butternut) squashes, peeled,  
deseeded and diced  
2 handfuls of squash seeds

1. Dissolve the yeast in the water and add the flour and bran.
2. Knead well. Then add salt and honey and knead again.
3. Leave the dough to prove overnight in the fridge.
4. Tip the dough onto a baking tray lined with greaseproof paper. Press the squash pieces gently into the dough so they stick up slightly, decorating the bread. Sprinkle the seeds over the bread.
5. Bake at 200°C (400°F) for 30 minutes.

If the bread is for children under the age of three, you should dice the squash finely.

